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| Week  | Monday/Wednesday/Friday |
| 1 | Warm up walk-5minutesJog 60 seconds, Walk 90 seconds for 20 minutes |
| 2 | Warm up walk-5 minutesJog 90 seconds, walk 2 minutes for 20 minutes |
| 3 | Warm up walk-5 minutes(Jog 90 seconds, walk 90 seconds, Jog 3 minutes, walk 3 minutes) X 2 |
| 4 | Warm up walk-5 minutes(Jog 3 minutes, Walk 90 seconds, Jog 4 minutes, walk 2 minutes) X 2 |
| 5 | Warm up walk-5 minutesJog 3 minutes, walk 90 secondsJog 5 minutes, walk 2.5 minutesJog 3 minutes, Walk 90 secondsJog 5 minutes |
| 6.  | Warm up walk-5 minutesJog 5 min, walk 3 minutesJog 5 minutes, walk 3 minutesJog 5 minutes |
| 7.  | Warm up walk-5 minutesJog 5 minutes, walk 3 minutesJog 8 minutes, walk 3 minutes jog 5 minutes |
| 8.  | Warm up walk-5 minutesJog 5 minutes, walk 2 minutesJog 7 minutes, walk 2 minutesJog 10 minutes |
| 9.  | Warm up walk-5 minutesJog 23 minutes |
| 10.  | Warm up walk-5 minutesJog 28 minutes |